



# CITY OF LODI

## COUNCIL COMMUNICATION

AGENDA TITLE: "Walk For the Health Of It"


MEETING DATE: May 5, 1993

PREPARED BY: City Clerk

RECOMMENDED ACTION: That Mayor Pennino present a proclamation proclaiming May 15, 1993 as "Walk For the Health Of It".

BACKGROUND INFORMATION: The City of Lodi was requested to present a proclamation proclaiming May 15, 1993 as "Walk For the Health Of It". Joanne Barkley, Bill Dauer, and Margie Yacopetti will be present to accept the proclamation.

FUNDING: None required.

  
Jennifer M. Perrin  
City Clerk

JMP

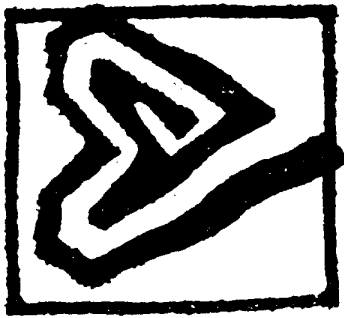
COUNCOM9/TXTA.02J/COUNCOM

APPROVED. \_\_\_\_\_

THOMAS A. PETERSON  
City Manager



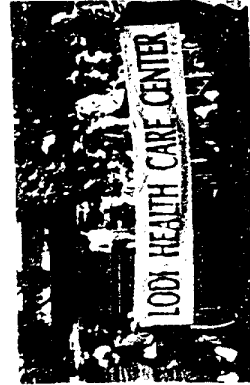
recycled paper



*Walk for the Health of it!*

## 5K FITNESS WALK 1 MILE WALK & ROLL

Lodi Memorial Hospital  
975 S. Fairmont, Lodi  
Saturday, May 15, 1993  
Registration 8 a.m.  
Walk Begins 9 a.m.



### 5K FITNESS WALK

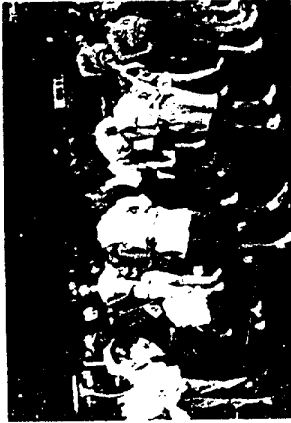
The walk is a timed event open to men, women and children of all ages.

### 1 MILE WALK & ROLL

A non-timed, fun walk is open to individuals, groups, and walkers pushing strollers.

### COURSES

The 5K Walk & Roll and 5K Fitness Walk both begin in the Lodi Memorial Hospital parking lot, 975 S. Fairmont Avenue, at York Street. Walkers will follow a designated course through the picturesque streets of Lodi. Maps of the course will be provided.



### PRE-WALK WARM UP

Lodi Memorial Hospital's Physical Therapy Department will provide a free pre-walk warm up, beginning at 8:30 a.m.



Participants will end in the hospital parking lot, 975 S. Fairmont Avenue, at York Street. Maps of the course will be provided. Awards will be given to the winners of the 5K Fitness Walk and 1 Mile Walk & Roll. Refreshments will be available for all participants immediately following the walk.



### ENTERTAINMENT

Music will be provided by the Riverboat Rascals.

### AWARDS

5K awards will be presented three deep for men and women in: 0-8, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 plus age groups.

Walk & Roll awards will be given for youngest walker, oldest walker, largest team, last walker, and most original team costume.

### REGISTRATION

\$15 pre-registration for individuals (includes one T-shirt)

\$30 per family (includes three T-shirts)

Pre-registration must be postmarked by May 9.

Or join us on race day for \$20

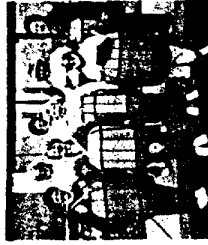
### T-SHIRTS

Every registered walker will receive a "Walk for the Health of it" T-shirt created just for this year's walk. You can also purchase additional T-shirts at any of the pre-registration locations.

### REGISTER

Registration forms are available at the following locations:

- NEW TREAT YOGURT  
1420 South Mills
- SALON NOUVEAU  
1420 South Mills
- TOKAY TRAVEL  
1425 Lakewood Mall
- Lodi Memorial Hospital Gift Branch and Dining Room  
675 South Fairmont
- Lodi Snorkeling Goods  
78 W. Kettelman Lane
- 2+2 PRET  
15 Downtown Mall
- RALEY'S  
311 Westgate Center  
Lower Sacramento Road



Walk Hotline  
(209) 534-5411  
extension 7456

5K Fitness Walk • 1 Mile Walk • Roll

# LODI MEMORIAL HOSPITAL FOUNDATION



WALK  
FOR  
THE  
HEALTH  
OF  
IT

SATURDAY  
MAY 15  
1993



SPONSORED BY

FARMERS &  
MERCHANTS  
BANK

U.S. Postage Paid  
Permit No. 18  
Lodi

999 S. Fairmont Ave.  
Suite 110  
Lodi, CA 95240

*Lodi Memorial Hospital Foundation*



Registration \$ \_\_\_\_\_  
Contribution \$ \_\_\_\_\_  
Total \$ \_\_\_\_\_

Lodi Memorial Hospital • Saturday, May 15, 1993

**Pre-Registration**  
Pre-register by May 9, \$15 individual or \$30 family, using the convenient entry form above. Please make checks payable to:  
LODI MEMORIAL HOSPITAL FOUNDATION.  
Mail checks and registration forms to:  
999 South Fairmont Ave., Suite 110, Lodi, CA 95240

**Contribution**  
I would like to make a tax deductible donation to  
Lodi Memorial Hospital Foundation in the amount of \$ \_\_\_\_\_

*Lodi Memorial Hospital Foundation*



ALL APPLICANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

DATE \_\_\_\_\_

WAIVER: I hereby release and discharge in advance Lodi Memorial Hospital, the City of Lodi, all agencies who or property and personnel are used, all sponsors and co-sponsoring entities or individuals, from responsibility for any injuries or damages I may suffer as a result of my participation in the "Walk for the Health of It". I hereby certify that I am able to safely participate in this event. I will additionally permit the use of my name and pictures in broadcasts, newscasts, newspapers, brochures, etc., and I also understand that the entry fee is non-refundable. As a participant, I certify that all information provided in this form is true and complete. I have read the entry information and certify my compliance by signature.

PLEASE INDICATE T-SHIRT SIZE ADULT: S ☐ M ☐ L ☐ XL ☐ XXL ☐ CHILD: S ☐ L ☐

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

SEX: M ☐ F ☐ (Add non-day of race)

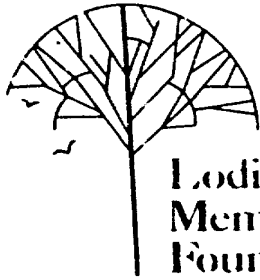
WHEELCHAIR: ☐ CATEGORY: 5K ☐ 1M ☐

REGISTRATION DEADLINE: MAY 9, 1993

999 S. Fairmont Ave., Suite 110, Lodi, CA 95240. Attention: Jane. Make checks payable to Lodi Memorial Hospital Foundation.

Complete all information on this form. Return completed applications with all fees to: LODI MEMORIAL HOSPITAL FOUNDATION

Apply above information to each separate application for EACH PARTICIPANT (photocopy this one if needed). Type or print name.



**Lodi  
Memorial Hospital  
Foundation, Inc.**

**OFFICERS**

Robert Mullen  
President

Ronald Mettler  
Vice President

Laurence Littleton  
Secretary

Dixie Hughes Smith  
Chief Financial Officer

**DIRECTORS**

George Barber

Steve Crabtree

Alfred Denier

Amy Farnsworth

Robert Friedberger

Henry Graves

Carolyn Gordon

Robert Graf

Joseph K. Handel

H. E. Hoff, M.D.

James Hoff, M.D.

Robert Hunnell

Frank Johnson, O.D.

Jane Klemeyer

William Meehleis

John Metz

Mary Anne Poore

Richard Sandford

Frank Sasaki

Ben Schaffer

Vickie Van Steenberg

**EXECUTIVE  
DIRECTOR**

Bill Dauer

**Contact: Jane Marengo  
(209) 339-7563**

**For Immediate Release  
April 1, 1993**

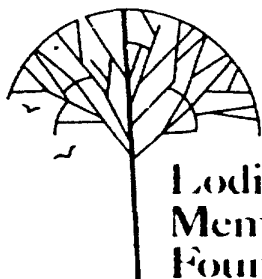
**Registration Being Taken Now For  
Third Annual "Walk For The Health Of It"**

Lodi Memorial Hospital Foundation is urging people to take strides for exercise and raise money to boot at its third annual *"Walk For The Health Of It"* set for Saturday, May 15.

The event starts at 8:30 am, in the Lodi Memorial Hospital parking lot at 975 S. Fairmont Street with a pre-walk warm up conducted by the hospital's physical therapy department and entertainment by the Riverboat Rascals. The walk begins at 9 am. The route will take walkers through residential streets back to the parking lot for the finish where there will be awards, entertainment, a raffle and refreshments.

The event's volunteer organizers anticipate 500 to 700 participants in the walk. Funds raised from the walk will be used to buy medical equipment for the Adult Day Care, Emergency Room, Physical Therapy and Sub-Acute Care departments at the hospital. Last year's event attracted about 560 walkers and raised more than \$14,000 to buy specialized medical instruments for the Surgical and Physical Therapy departments.

*"Walk For The Health Of It"* will feature a timed, unsanctioned fitness



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Jane Klemeyer  
William Meehleis  
John Metz  
Mary Anne Poore  
Richard Sandford  
Frank Sasaki  
Ben Schaffer  
Vickie Van Steenberge

**EXECUTIVE  
DIRECTOR**

Bill Dauer

walk, approximately 5K in length, through the residential streets of central Lodi. Awards will be given to the top finishers in each age category from under 8 to over 70. For less competitive walkers, there will be an untimed, one-mile event called "Walk and Roll." Families pushing children strollers and groups dressed in costumes are encouraged to enter this event. Awards will be given to the youngest walker, oldest walker, largest team and most original team costume.

Pre-registration is \$15 for individuals and includes a T-shirt. Families of three or more may pre-register for only \$30, which includes three T-shirts. Additional T-shirts may be purchased at the full registration price. The pre-registration deadline is May 10.

Walk registration forms and T-shirts are now available at various locations throughout town including 2+2 Pret in the downtown mall, Raleys, Honey Treat Yogurt, Lodi Sporting Goods, To'ray Travel, Salon Nouveau and at Lodi Memorial Hospital's Gift Branch and Foundation offices.

"Walk For The Health Of It" is sponsored by Farmers and Merchants Bank, and over 40 individuals and business including Bank of America, Bank of Stockton, Delta Radiology and Pacific Coast Producers.

For more information about the walk or to pre-register, call the Lodi Memorial Hospital Foundation at 339-7563.

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